

The PAWPrint

News for the families of our animal friends



Living with the Old Ones (as taught to me by Rover)

by Dr. Piper Hays



Simba

It is inevitable that our pups and kittens someday grow old. It's hard to imagine, as they run about in their youth, that one day they may need our help to get up, won't hear our voices, be able to see us across the yard, or even be able to wag their tails. We can help them age gracefully and with comfort by helping them manage a few simple, yet very important things.

Vision Loss - Our pets are amazingly good at navigation with reduced vision. Even pets that are totally blind do quite well, as long as they know the lay of the land. So, **don't re-arrange the furniture**. Do **pick up toys or obstacles** that inadvertently appear in their path to the door, food/water bowls, or litter box. When dogs are outside, be sure they have a secure fence or are on leash. If cats normally jump onto a counter for their food/water, you may need to **move supplies closer to the ground** to prevent falling and to ensure access.

Hearing - Many pets that have hearing loss go undetected for some time, especially if their vision is good. Families note hearing loss most often when their pet fails to greet them upon arrival home. Many dog owners think their dog has started to ignore their verbal call to "come" when the pet can't hear the call at all. Teaching your pet (this can include cats) **hand signals** to go along with verbal commands will pay off if they lose their hearing. **Clapping, whistles, flashing porch lights** can all be used to help bridge the gap for our companions that don't quite hear us anymore.

Mobility - Mobility can be affected by vision loss but most certainly by joint pain, stiffness, loss of muscle strength, or neurologic changes. Gentle physical therapy can help maintain muscle strength, and many medications can help with pain and stiffness. Again, **keep the walking paths clear** and **place non-slip rugs** over slick

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Ticks: an unhealthy attachment

By Dr. Amy Lutgen DeWitt

As the weather begins to get warmer, many of us will enjoy more time outdoors with our pets. Unfortunately, this also means you will likely be spending more time with ticks. Ticks are more than just a nuisance. They can be dangerous because of the diseases they carry, which not only pose a threat to your furry family member, but also to you. Some tick borne diseases include **Lyme disease, Rocky Mountain spotted fever, babesia, and ehrlichiosis**. These diseases can be very serious and sometimes fatal. Ticks can also cause anemia secondary to blood loss, not to mention itching, irritation and infection at the attachment site.

Fortunately, there are several steps you can take to help protect your pets and yourself. The first is to make sure your pets are on topical preventative. **Parastar plus** starts killing ticks in as little as one hour. The companion animal parasite council supports **year-round use of tick-control** products on pets because a break in their use can allow infestations to be established, especially in the case of the **brown dog tick** which can live on the dog for all of its life stages and infest homes and kennels.



Another way to prevent ticks is to modify the environment around your house to make it less supportive of ticks and the wildlife that ticks depend on for some of their life stages. **Keep grass cut short, remove brush piles** and leaf litter, and select plants that do not attract deer. It may also be helpful to construct a barrier of mulch or gravel where your yard meets the woods. If there is a heavy infestation of the environment with ticks then treatment of the area with pesticides may be needed. **Prevent dogs from roaming** outside of your area by keeping them on leashes or behind a fence. It's also best to keep cats indoors if possible.

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On My Mind

I grew up watching the James Herriot series on TV. Veterinary medicine has evolved and changed greatly since the days of Dr. Herriot traveling through the moors delivering animal care throughout the English countryside. What always struck me about that series was the care the veterinarians gave not only to the animals but to the people, too.

Dr. Laura Strong and name

Eastside has a long history for helping companion animals and their people. Over the years, we have provided in-home services, as circumstances have allowed. Often these services surrounded end-of-life decisions for a beloved pet. Other times, we helped alleviate a pet's stress associated with coming into the office.

We understand that in-home care can often ease a pet owner's burden, pain, or discomfort. Eastside Animal Hospital wants to be available for these special circumstances. It is with great pleasure that we announce an expansion of our home health services.



Eastside In Home Veterinary Care

for Indiana and Kentucky

Some of the In-home veterinary and house-call services we now offer include:

- annual medical wellness checks
- vaccinations
- bathing, brush out and nail trim
- pain management
- palliative care
- end-of-life services

Since I am licensed to practice veterinarian medicine in both Indiana and Kentucky, Eastside can offer these in-home services to a wide range of residents – from New Albany and Jeffersonville, Ind., to as far east as Fisherville, Ky. through downtown Louisville.

If you're interested in learning more, please call us at **812-282-3855** or visit **www.eastsideanimal.com**. Our office in Jeffersonville, Ind., will continue to operate with normal hours and services.

With Kind Regards,

Dr. Laura Strong
Hospital Owner/Director

Professional Spotlight

The Eastside team welcomed two new veterinarians to our staff this summer, and are enjoying getting to know them. We hope you are able to meet them soon and get to talk to them about your health care concerns for your pets.

Dr. Frances Dungan grew up in Fort Thomas, Ky. After earning a degree from the University of Kentucky, she completed her Doctorate in Veterinary Medicine from Purdue University. She said one of her favorite aspects of the practice of veterinary medicine is getting to talk with each client about the best care for their pets. We love her passion, and believe that makes Dr. Dungan a perfect fit with our Eastside team. She also has a special interest in companion animal dentistry, and believes dentistry is an often overlooked aspect of veterinary care that can not only prolong pets' lives, but also enable them to have a much healthier journey along the way. Dr. Dungan lives in Louisville with her husband, Bryant, and their furry canine friend, Jerome. Outside of work, Dr. Dungan enjoys hiking, cooking, running, golfing, and riding horses.

Dr. Sarah Shea Gatewood is from Frankfort, Ky., and also earned her undergraduate degree at the University of Kentucky. She then went on to attend Auburn University, where she received her Doctorate of Veterinary Medicine. Dr. Gatewood said she strives to form lasting bonds with clients and their pets by being compassionate and dedicating herself to providing the best surgical care available. She has a special interest in ultrasonography and surgery, and said she enjoys the collaborative veterinary team at Eastside because it allows her to stay at the forefront of progressive veterinary medicine.

Dr. Gatewood enjoys spending time with her family, parents, Glenn and Annette, and younger sister, Erin, all of Frankfort. Her furry family members are Bentley, a Golden Retriever, and a tabby cat, named Syd. In her spare time, Dr. Gatewood can be found playing soccer, wake boarding, horseback riding, cooking, or watching scary movies.

(LtoR) Dr. Frances Dungan and Dr. Sarah Shea Gatewood with Bentley, her Golden Retriever



A Home Away from Home

In addition to a full range of veterinary and wellness services, Eastside also offers an exceptional **home away from home** for your dog or cat. We have experienced and dedicated **kennel/boarding, training and grooming** staff that truly cares about your pet's experience.



Boarding, Exercise, Training, and Grooming Services

For additional details and pricing information, please visit our website at www.eastsideanimal.com.

- **Small dog hotel** – for dogs under 25 lbs.
- **Standard dog accommodations** – for larger dogs up to 100 lbs.
- **Deluxe dog accommodations** – for extra-large guests or multi-pets. Area provides 50% more space than our standard run.
- **Kitty Condo** – offers standard 2+’ x 2+’ room with resting bench.
- Movies are available for viewing and fleece blankets provided.
- **Kitty Penthouse** – deluxe, 5 x 5ft, room-with-a-view accommodations
- **Strolls** – one-on-one leash exercise
- **Playtime** – individually-tailored time/can include pool time (weather permitting)
- **Manners Matter** – one-on-one training for puppy and adult guests
- **Fitness Fun Package** – one-on-one athletic romps through our canine playground with vet health assessment
- **Grooming** – bath, brush out, and pedicure, as well as professional/breed-specific clipping services

Veterinary & Medical Services

Wellness Services – include complete examination, puppy/kitten/senior wellness programs, nutritional counseling, and weight loss programs

Internal Medicine – includes trauma and critical care, diagnostic testing, radiology, ultrasonography, and screening for hypertension and glaucoma

Surgical Services – include elective sterilization procedures (spay/neuter is recommended), tumor removal/biopsies, declawing, urinary tract (removal of bladder stones/biopsies), orthopedic (fracture and ligament injury repairs), and reproductive tract (c-sections, prostate) *Many surgical services are performed with state-of-the-art laser equipment. Usage of this technology minimizes pain and bleeding and quickens recovery time.*

Dental Services – include dental cleanings and wellness programs, dental surgical procedures, and digital dental radiology



AAHA accreditation – Eastside Animal Hospital is accredited by the American Animal Hospital Association (since 1988). AAHA accreditation means that we voluntarily adhere to more rigorous standards, set by a board of peers, and are reviewed on a regular basis. Eastside is one of only three practices in all of metro Louisville and the only one in southern Indiana accredited by AAHA.

Cat Parasites

By Dr. Amy Lutgen

Kitty
Corner

Parasites are commonly perceived as a “dog only” problem. Our feline friends are often not protected adequately, and are harboring many different types of parasites. **Fleas, ticks, heartworms and intestinal parasites** are commonly



Wilma Dickey

diagnosed on/in all cats. Even your kitty that never steps foot outside may contract these yucky invaders.

Fleas will hitch a ride indoors to your cat on your dogs and/or on your clothing. Commonly, you are not able to see the flea(s) because kitties will eat/groom them off of their skin; thus, leading to a **tapeworm infestation**. Intestinal parasites, such as roundworms, can also be found in cats that never go outside; cats may contract these “worms” through **house plants and soil**. Ticks are yet another problem in the kitty world and can transmit many diseases. Heartworms, just like in dogs, are **transmitted by mosquito bites** and are diagnosed in **both indoor and outdoor cats**.

Revolution is a once monthly topical preventative for **fleas, heartworms, roundworms, hookworms and ear mites** in felines. **Easy Spot** is another safe topical prevention that controls **fleas and ticks**. If you'd like to find out what preventative is best for your kitty, please ask us. We're always glad to help.

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floors. **Good, supportive bedding** to rest on can also help them be less sore when they get up.

Eating – Changes in appetite can occur as our pets get older. It's okay to soften their food a little bit. Add in a good **quality canned food** if needed. Feed **smaller meals more frequently**. I find my old dog simply lacks the jaw strength to crunch the dry food he has always loved. It's also hard for some of them to stand up for the length of time it takes to eat a whole meal. Be sure they have good footing and their **bowl is at a height** that is easiest for them to reach.

Grooming – Some pets that have groomed themselves well throughout life, may not do as good a job as they age. If they have been accustomed to getting groomed, they may lose patience with the practice and be very restless or even short tempered. Standing still to be brushed may be too much work for them and too hard on an aging skeleton. **It's okay to get them a short haircut even if they've never had one before**. A clean short coat is more comfortable than an unkempt or matted longer coat.

Tending the needs of our old friends takes time, patience and sometimes ingenuity. Be sure any pain they may be having is addressed. Be sure they eat and drink and have a comfortable and safe place to rest. As always, if you have any questions or worries, please call us.

What's everyone BARKING about at Eastside?

By Katie Routh, EAH behavior trainer/activist

Eastside Animal Hospital strives to achieve both optimal physical and behavioral health for all patients. **Since the number one reason that pets are relinquished is due to unwanted behaviors**, it is our goal to provide an outlet for training that is tailored to individual pets' needs.

For the past several years, Eastside has offered weekly puppy and adult dog training classes, and we recently expanded our services to include one-on-one sessions, as well. Our philosophy is to modify

behavior by using positive reinforcement. We hope to:

- increase self confidence in your pet
- teach basic commands, such as sit, down and stay
- show solutions to common puppy problems
- increase socialization for your pet
- offer the tools to be an effective pet leader
- reduce unwanted behaviors and aggression

Please call today to learn how we can help provide a more harmonious living experience with you and your pet.



Corey Gramlin brought Lincoln in for a one-on-one training session.



1623 E. 10th Street
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Creature Feature

Betty and Jim Kennedy have been members of the Eastside family for more than 15 years. Through good times and sad times, they have relied on the doctors and staff here to provide advice, medical care, and supportive evaluation for all members of their fur family.



Misty Kennedy

Currently residing in the Kennedy home is Misty, a 1 1/2-year-old Keeshond. They love her intelligence and inquisition, which they say ensures there is never a dull moment when Misty's around. The downy-haired love bug not only provides excitement for the Kennedy home, but is also a one-of-a-kind beloved companion.

has become happier, more confident, and more obedient. The Kennedys are grateful to have a better-mannered pooch in their life.

Due to Misty's interest in almost everything, the Kennedys rely heavily on Katie Routh, Eastside's behavior trainer/activist, to channel this energy in a more positive direction. Through weekly training sessions, Misty

The Kennedys said they love the flexibility of scheduling appointments at Eastside that fit into their schedule, and we certainly enjoy seeing them—and curious Misty—whenever they walk through our doors.

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Last of all, inspect yourself and your pets daily for ticks. If you should find a tick, **remove it immediately. Many tick-borne diseases require that the tick be attached for a certain amount of time before disease can be transmitted.** This time varies from a few hours to a few days. To remove a tick, grasp them with forceps as close to the skin as possible and pull back using slow steady pressure. **Gloves should be worn** to prevent disease transmission in case the tick is accidentally crushed in the process of removal. **Clean the area with alcohol.** If you are uncomfortable doing this yourself, please contact us, and we'll be glad to help.

Ticks can be more than just a pest; they can be dangerous. However, with a few simple steps, you and your pet should be able to remain tick free and enjoy your time outdoors this summer.



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